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Bangalore Mirror

TEMP Max 28 | Min 16 | Humidity 71% Generally cloudy sky Sensex 62,504 | Nifty 18,562 | Gold 52,430 | Silver 61,511 | Dollar 81.71 | Euro 85.25 | GBP 98.42

As winter sets in, nightmarish fallout of a terrible monsoon still lingers: floodwater yet to recede fully in layout

THE WATERMARK

'KHB built layout in unscientific manner in low lying area'

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It's been some time since heavy rains pummelled the city, especially in August and September — many localities across the city flooded back then.

At KHB Layout near Hoskote, the floodwater has not completely receded yet. Many residents are facing the brunt even now.

In 2012-2013, the Karnataka Housing Board (KHB) built the Huskur settlement: the residential layout was made for the lower income, middle income, higher income groups and for economically weaker sections. The KHB allotted houses and plots subsequently.

However, the residents have alleged the layout was conceived in an unscientific manner in a low lying area. Just behind the layout is Hoskote Lake; during heavy downpours the lake overflows into the locality.

According to the residents, they had observed the problem a couple of years ago and alerted the KHB. However nothing was done. With the heavy downpour in August, things just got worse for the residents — the entire locality was flooded. The lake was overflowing and water gushed into the KHB Layout.

The KHB Huskur Layout Resident Association stated that the weirs built at the waterbody have not been designed appropriately — 'it does not help in controlling the water level'.

A weir is a small barrier built across a waterbody to control and raise the water level slightly on the upstream side; essentially a small-scale dam. Some of the weirs have sluice gates, which releases water at a level below the top of the weir.

"There are two weirs at the lake — the east weir and west weir. One of the weirs was damaged and reconstructed. Even after reconstruction, it did not serve the purpose as it was

CONTINUED ON PAGE 6 »

> "Underground drainage lines and the sewage treatment plant were submerged; the entire layout should be rebuilt now...
>
> — Siddesh KHM, KHB Huskur Layout Residents Association

'Tuition menace' in focus

Child safety at private tuition centres now of greater concern for authorities after chilling episode

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Recently in Karnataka, a 10-year-old girl was raped and murdered by her tuition teacher — after the incident, child safety at private tuition centres has become a greater concern for the authorities.

The Karnataka State Commission for Protection of Child Rights (KCPCR) urged the Department of Public Instruction to intervene and take necessary actions against the 'tuition menace'.

N Naganna Gowda, the chairperson of KCPCR, told Bangalore Mirror that many of these private institutions are not registered and are functioning from residential spaces.

"Most of the time, we do not even know if the person providing these services is eligible to be a teacher. The people who are claiming to be teachers, let it be in schools, private tuition centres or any other sort of classes, must register themselves under Karnataka Education Act 1983 stating their educational background and what safety measures they are taking to ensure that the

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Yusuf Arakkal, in retrospection

NGMA will be presenting a retrospective of the late artist Yusuf Arakkal. He was a figurative painter whose concern was the humanity - its many hues, struggles and pains. He always termed himself as a 'figurative realistic painter' and his activities are spread beyond the four walls of his studio... the streets, the pavements. However, he could not fulfil his dream when he was alive, and this retrospective is a befitting homage to him.

Where: NGMA, Vasanth Nagar
When: Till Nov 30, 11:00 am – 6:00 pm

02 Echoes of Earth

Echoes Of Earth, India's greenest music festival is back after a three-year hiatus. The festival is set to bring back the essence of conscious lifestyle events that promote mindfulness, sustainability, and an alternate, circular lifestyle, with inventive stages created from upcycled material and curating eclectic music genres that are known to bring together a new-age listening audience.

Where: Embassy Riding School
When: Dec 3rd & 4, 3pm onwards
Tickets: echoesofearth.com/

03 Craft of guitar

Global Guitar Gita is a 22-year-old concert series featuring masters of guitar from around the world and hosted by legendary Bangalore guitarist, Konarak Reddy. The festival will include All India FingerStyle Competition Finals, Guest Guitarist: Shashank Verma (Bhopal) and grand finale concert by guitar masters - Antoine Boyer, Samuelito, Julia Lange and Konarak Reddy. The idea is to invite the best guitarists from the world over to come and share their mastery of their craft and their individual styles and techniques with Bengaluru audiences, in an intimate environment.

Where: Windmills, Whitefield
When: Dec 2 & 3, 9:30 pm onwards
Tickets: https://windmills-india.com/#music

Bengaluru blooms and blushes pink

Citizens gather to celebrate Hoovu Habbe at Cubbon Park, marking the city's diverse natural heritage

Pink Tabebuia flowers are on of B'luru's prettiest sights; visitors enjoy the tree walk at the park

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On Sunday, a group of Bengalureans met under the winter sun at Cubbon Park to mark Hoovu Habba, a tree walk to celebrate the annual serial blossoming festival. Conducted by Heritage Beku, a citizen organisation, the event attempted to inform people about the various kinds of trees and their origins.

Priya Chetty Rajagopal, founder, and managing partner of Heritage Beku, said Bengaluru possesses a combination of natural and cultural heritage but it is not celebrated the way it should. Almost 80 or 90 years ago, German botanist Gustav Hermann Krumbiegel -- who planted the first seeds of the Tabebuia -- started a cultural tradition called 'Serial Blossoming' on the request of Maharaja of Mysore that no part of the then Kingdom of Mysore should be left without flowers.

""People always feel in their heart that the trees are looking colourful or that colours are now being seen in the trees, but they never see it from the point of view of a festival. So, from Heritage Beku, we decided to take this opportunity and make the best out of it," said Priya.

She added that Hoovu Habba had many layers. The first layers included artistry and creativity followed by heritage. It then had a layer of ecology and environment. "The seeds of different plants came from various places like Madagascar, Persia, etc, and yet we have somehow made it our own."

The event was attended by as many as 30 people. There was a rap session, live painting, kids along with photographers. The children from Parikrama School, a social impact school, hugged a blooming tree in the park to show their gratitude towards nature.

Pooja, a student of Parikrama said, "I enjoyed the culture as well as the greenery of Cubbon Park." Akshaya, another student at the school said, "My favourite tree in the park was the jackfruit tree."

Another participant, who wanted to remain anonymous added that they were shown the various varieties of trees. The Tamarind tree is from the middle-east, and we also got to know about the various parts of the trees that could be used and consumed.

Kavya Chandra, founder of A Green Venture, who initiated the tree walk, said, "It was about as making everyone aware of the flora-fauna relationship, admiring the the trees, identifying various non-native species which were planted here more than 150 years ago to the later ones. We put the trees in the spotlight and connected people with the tree heritage in Bengaluru."

A lesson in history & mythology

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Around 400 visitors thronged an exhibition about the local history and culture of Ramagondanahalli and its neighbouring areas put up by young students of Grades 5 and 6 of Government Higher Primary school, Ramagondanahalli on Saturday and Monday.

The exhibits took the visitors on a time travel as students weaved together history dating back to the Ganga dynasty. Visitors were educated on interesting facts and mythology related to the Vahnikula Kshatriya community which has lived in this area for centuries. Students explained the origins of the name of this area, and the connection to Ramayana and Mahabharata epics.

Jayashree Srikanth, member of Whitefield Rising, a citizens' collective, said that she learnt a lot. "The way the students narrated the history of local areas is superb." Some students explained how various dynasties including Ganga kings, Cholas, Rashtrakutas, Hoysalas, Martha, and the Vijayanagara Empire, Kempegowda and then Hyder Ali and Tipu Sultan have left their mark on this area.

The exhibits also shed light on the details of the Karaga festival celebrated in the area by the community.

Sekhar V, an ex-serviceman who works as a physical education teacher at the school, said that it was the first time such an exhibition was organised at the school. "The students, accompanied by teachers, visited Varthur and surrounding areas to meet elders of those areas to know the history and the effect of urbanisation on those areas. The exhibition gave an opportunity not only to outsiders but also local people to know the history of their areas," said Sekhar.

The students and teachers spent time meeting senior citizens in the villages, visiting old temples, mosques, market places, areas that were water bodies once. Through this experience, students established a unique rapport with the local community around the school.

A group of students from CMRIT Engineering College Photography club - Amit Das, Mohit Agarwal and Aditya Choudhary readily volunteered to do photoshoots for the project and accompanied the children on field trips. They also discovered old Hero stones (Veeragallus) which are yet to be dated.

This school is in a public-private partnership (PPP) model with Inventure Academy and TeachForIndia fellows working with students. The exhibition was also supported by Whitefield Ready & Rotary Bangalore IT Corridor.

All play and no work for Bengaluru's traffic cops

BTP takes a day off to unwind by playing cricket, tug-of-war

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BTP took a break from their stressful jobs to unwind and chill

They spend their days managing traffic, catching perpetrators and violators of the law. But while catching errant citizens and meting out fines can be a responsibility for the Bengaluru Traffic Police (BTP) -- it is a mentally gruelling task.

To escape the draining task of managing Bengaluru's infamous traffic for one day, the BTP took a day off to unwind by engaging in sports activities for mental health and relaxation purposes.

On Sunday, the traffic police personnel from the west division participated in cricket matches and a few friendly rounds of tug-of-war under the guidance of Deputy Commissioner of Police (Traffic), West Division, Kuldeep Kumar R Jain.

"We keep organising such activities in our division on a smaller station-to-station basis. This was the first time we could organise something on a bigger scale. It is important to have these activities from time to time as it gives a sense of camaraderie to the whole team and more importantly, is a stress-buster," said the DCP.

"It is important for the team's mental health as well as it harbours friendship and better team spirit among the police station limits. Apart from a few light-hearted activities like these every now and then, the people hardly have any time to enjoy or socialise among themselves," he added.

However, the activity was not just aimed at the mental health of the traffic cops. The senior police official informed that since the traffic police have long hours of duty where they have to stand on the roads amid heavy traffic, it is necessary for their physical health as well to engage in sports and other physical activities every now and then.

"It is a high-tension and long-hour job. They have to stand on the roads from morning till evening when the roads are very busy. The traffic noise can itself be very loud and overwhelming. So, to take a break from that, we decided to take a day for ourselves and engage in these fun sports and activities... We started sometime around 8 am on the Sunday morning and played multiple rounds of cricket matches and tug-of-war. One of the police stations in our division, Yeswanthpur traffic police station won the inter-police station cricket tournament," he said.

> **It is important for the team's mental health and fosters friendship**
>
> — Kuldeep Kumar R Jain, Deputy Commissioner of Police (Traffic), West Division

In the future as well, they are aiming to keep having friendly matches and other activities among the team members to keep the team spirit high, said the DCP.

Romance gone sour

A cloth merchant has filed a complaint with the Upparpet Police Station alleging that a female employee at his shop was blackmailing him to extort money.

Vikram, a cloth merchant, had hired the accused to work in a cloth shop two years ago. A few months later, the young woman received Rs 2 lakh loan from Vikram.

Vikram and the employee later started an affair. According to the police, when Vikram asked for the money, she refused to pay saying that she would tell everyone about their affair. "They had a consensual relationship. But the woman blackmailed him saying that she will tell her family that the relationship was non-consensual," said cops.

Jilted, ex-lover's wrath knows no bounds

A case was filed against a man for allegedly stabbing his ex-girlfriend when she refused to marry him.

The victim has been identified as Amuda, a resident of Indiranagar. The accused is an auto driver.

According to the police, a few years ago, the duo were in love. However, the accused was married to someone else and later, Amuda also got married to someone else. "The accused asked her to leave her husband and marry him. But she refused. He stabbed Amuda with a knife," said the police. A complaint has been registered at Indiranagar Police Station.

Woman dies, hubby and in-laws in trouble

After a woman's body was found at her home in the city, her parents have alleged that her husband's family killed her.

The victim has been identified as Katija, 29, who was found hanging at her house in Gurappanapalya.

Her family members filed a complaint at the Suddaguntepalya Police Station.

"The victim's husband and her father-in-law have been taken into custody. Her parents alleged that the husband used to beat her frequently and had an affair with another woman," said the police.

ATM thief in the docks

CRIME FILES

A thief who stole lakhs from a Union Bank ATM on November 17 was arrested by the Bengaluru Wilson Garden police.

The accused has been identified as Dipankur Namosutra, a native of Assam. He was working as a security guard of the ATM.

"He withdrew Rs 19 lakh. He then escaped to Guwahati. The police tracked his mobile and arrested the accused," said the police.

The police have also seized Rs 13.87 lakh from the accused and are investigating him.

Stolen money and two-wheelers recovered

The Subramanya Nagar police station have arrested two in a two-wheeler theft case.

The police have seized Rs 8.1 lakh and 13 two-wheelers from them.

The police arrested the accused based on a complaint filed by a man who parked his Yamaha two-wheeler in front of his house only to find it missing the next day.

The police are still investigating the matter.

In a similar incident, the Subramanya Nagar police station also arrested another accused for stealing 3 two-wheelers worth Rs 1.6 lakh.

When the personnel of the Crime Branch were on patrol, a person was walking suspiciously in the parking lot in front of Jana Hotel.

Later, they got hold of the person and seized the two-wheelers.

Road rage turns nasty

In a bizarre incident, a man wearing the uniform of a popular food delivery app allegedly attacked a car.

On Monday, around 11 pm, the accused stopped a car saying that it hit the delivery boy's bike.

Following that, he started damaging the car by hitting it with his helmet and started screaming and creating a scene.

When the car owner tried to stop him, the accused called 20-25 people to the spot.

Fortunately, the police reached the spot in a while and registered a complaint against the man.

A case has been registered at the HSR traffic police station.

Drunk man robbed of Rs 70,000

A man was robbed of Rs 70,000 from his pocket while he was intoxicated.

The case has been registered in Ashok Nagar police station.

According to the police, the man was lying near a liquor shop in Shivajinagar after consuming a lot of alcohol.

The victim Sheikh Shaheed, 30, a resident of Austin Town, had taken a loan of Rs 70,000 for medical expenses.

While he was coming towards Shivajinagar, he stopped at a liquor store and consumed alcohol.

In his state of intoxication, he was robbed. The police are investigating the case.

—Ahna Prakash

Zero waste? Say less

Say 'yes' to steel cutlery, stop using plastic for events; despite single-use plastic ban in effect, many people continue to use it in Karnataka

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Three months after India banned certain single-use plastic items to tackle plastic waste, plastic bottles, paper plates, straws and other such items are still being used in the city. This is despite the city having over 10 steel cutlery banks to ensure zero waste.

Plastic is known to pollute the environment and emanates toxic chemicals when burnt. City landfills are choked with plastic.

Some citizens running steel cutlery banks pointed out that people refuse to opt for steel cutlery for big events as they have to wash the items after use and return it back. Plastic is easier to dump, they said, adding that some even question if steel cutlery is hygienic. Steel banks santise cutlery to the fullest after every use, they informed.

Raj, known as 'Plogman of India', who runs the Ploggers Army cutlery bank in JP Nagar and Marathahalli, said, "We get over six enquiries every month about steel cutlery, which is very less. There is a lack of awareness that such banks exist. People who know about it also refuse to avail it as they think it is extra work to wash and use it again. Recently, there was an event at an apartment complex with 2,000 people, and they wanted steel cutlery, but thinking about how they will have to wash the utensils back and return it, they decided not to go ahead."

Generally, citizens running cutlery banks charge a minimal amount. They can rent the cutlery that has to be washed and returned in a good condition. Those who misplace or lose items will have to pay an extra amount.

People running cutlery banks usually charge a minimal fee; used cutlery needs to be washed and returned

> **"Many people are still not aware (of steel cutlery), and educating them is the need of the hour. We try to reach out to nearby neighbourhoods**
> – Padmashree Mahesh, Green Celebration

Padmashree Mahesh, running Green Celebration cutlery bank at HSR Layout, said, "I charge Rs 4 per piece for plates and bowls, and Rs 2 for spoon, glasses or tumblers. People can come and pick it up from our location and will have to clean it and give it back. After this, I also wash it again, sanitise the cutlery, and stock it to give it to the next person. The initiative is not to make an income out of it, but to make sure there is zero wastage. Recently a diabetic rally was conducted in HSR Layout, where the organisers had arranged for 500 plastic water bottles, but when we spoke to them about the cutlery bank, they agreed, and it was a zero waste event."

She further added, "Those who know about the bank come back to us for their next event, but the ones who do not know continue to use plastic. Many people are still not aware, and educating them is the need of the hour. We try to reach out to nearby neighbourhoods and other associations to bring forth change."

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9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Happy to help!
RS Palya Road

Following BM's report, a stretch in RS Palya Road was fixed after five years.

Abandoned work
Cox Town

The road near Pulikeshinagar Police Station, Cox Town, has been dug up. There are no BBMP workers on site.

IN THE COURT OF THE SUBORDINATE JUDGE AT AVINASHI M.C.O.P No: 151/2017

1. Dhasarath chakkaravarthy aged 37 years, son of V. Munusamy, Husband of Deceased Mohanambal residing at 19, Akkarai Sengappalli, Avinashi Taluk, Tirupur Distric.
2. Minor D.M. Shruthi aged 11 years, represented by her father Dhasaratha Chakkaravarthy as Natural Guardian, Daughter of Deceased Mohanambal residing at 19, Akkarai Sengappalli, Avinashi Taluk, Tirupur District.
Petitioners

-Vs-

S. Chandrashekar aged 39 years. Son of Subba Rao residing at # 198, 10th Cross, 6th Block, 2nd Stage, Nagarabhavi, Bangalore-560 072.
1st Respondent

NOTICE

In the above M.C.O.P. the above named Petitioners had filed Compensation Petition for the death sustained to the 1st Petitioner's wife due to the road accident on 03.07.2014 against the 1st and the other Respondents, whereas the above M.C.O.P. is posted on 09.12.2022 for your appearance. On that day you should appear begore this Hon'ble Court at about 10 A.M. either in Person or by Pleader. The absence of you on that day will be set Ex Parte.

/Court Order/

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'Fast track demolition process at Jakkur'

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The Bruhat Bengaluru Mahanagara Palike (BBMP) has been asked to expedite the process of demolishing highrise buildings around Jakkur aerodrome. During a recent meeting, Minister for Youth Empowerment and Sports KC Narayana Gowda alleged that the BBMP was delaying the demolition.

Around 15 buildings higher than 45 metres have to be razed as they come in the way of flight operations at Jakkur. These buildings have been served notices earlier. Many of the residents staying in these buildings have questioned the move as they had secured due permission. Gowda said, "BBMP had been earlier asked to conduct a survey and raze down the buildings violating the rules. I wonder why they are delaying the process."

During the recent administrative board meeting, Gowda said that many private airlines were yet to pay their dues to the Jakkur flying school. He said he has asked the officials to collect these dues from the defaulters. There is a demand for a night landing facility at Jakkur. Installing lights to facilitate landing at night is needed for the same. The minister said that this should be ready in a matter of six weeks.

PIC FOR REPRESENTATION ONLY

> **"BBMP had been asked to conduct a survey earlier and raze down buildings violating the rules. I wonder why they are delaying the process**
> –Narayana Gowda, Minister for Youth Empowerment and Sports

The current runway at Jakkur aerodrome is 974 metres in length. The additional land reserved for the extension of the runway has been allocated to the proposed elevated corridor. Hence, an additional three acres of land was acquired, and the runway was expanded. According to the Directorate General of Civil Aviation norms, there should not be any building above the height of 45 metres within a five kilometre radius of Jakkur aerodrome. However, there have been gross violations, and many highrise buildings have come up in the recent past. This is why a joint survey was conducted with the BBMP, which has identified seven buildings that are violating the order.

Gas geysers: Docs warn of harmful impact

| Shreyashi Mukherjee
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Doctors in the city have raised caution about the harmful impact of gas geysers on health. After a few cases, where patients had to be in the ICU due to what is said to be due to gas geysers, they suggest that a shift to electric water heaters may be prudent.

Dr. Dwijendra Prasad, a senior consultant at Prakriya Hospital, said there are a lot of cases of carbon monoxide toxicity/poisoning that they were coming across, specially in winter and rainy season, primarily because of gas geyser use. "In poorly ventilated bathrooms which have gas geysers, people get exposed to high doses of carbon monoxide, which in closed surroundings, has toxic effects on the blood," he said. He explained that the sites where oxygen binds to haemoglobin are bound by carbon monoxide instead, which leads to decrease in transportation of oxygen to vital organs, the most important being the brain, which temporarily shuts down leading to unconsciousness and fits. Unfortunately most of the patients that come to hospital are young females. "Last year, we saw seven-eight patients and this year it has started again, with winter approaching. This year, I have seen around three such patients. Most were in a serious condition as they were unconscious. Some of them had fits and even had to be admitted to the ICU for 24 to 48 hours," Dr Prasad said.

He added that if someone was suffering from this condition they have to be given hyperbaric oxygen therapy, i.e high concentration of oxygen. He also said that electric geysers are safer.

Bengalureans we spoke to admitted that they were unaware of the harmful effect of gas geysers. Shilpa Srivastav, a resident of Rajajinagar, said, "After taking bath with the geyser on, I have experienced breathing difficulty but I never took it seriously as the moment I step out and breathe fresh air I would feel fine." Some people are also hesitant to use electric geysers as they don't want a hiked power bill. Nagesh Gowda, a resident of Jalahalli, said he didn't want to add on to his already high electric bill.

Help, framed

What happens when domestic workers are wrongly accused of theft? Workers' union leaders discuss

| Bangalore Mirror Bureau
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Rekha (name changed), a 35-year-old domestic help working in the Viveknagar locality, had to leave her job after she was accused of stealing a diamond ring from the family. Rekha was brought into the local police station along with her husband for interrogation.

"My husband was brought in by the police for questioning after my employer accused me of stealing a diamond ring. He was beaten up and we were kept at the station till late at night without any formal inquiry conducted," lamented Rekha, who has now been left completely bereft of a livelihood.

"I was working at other houses in the society as well. However, after one employer accused me of theft, all the rest discharged me of my duties," said Rekha.

Domestic workers being wrongly accused of crimes, branded as thieves, and thus losing livelihood, according to the Domestic Workers' Rights Union, is a common occurrence in a city like Bengaluru.

"For instance, in Rekha's case, no formal inquiry was conducted. Moreover, the allegation of theft was put after she asked for an increment in the salary," said Geetha Menon, joint secretary, Domestic Workers' Rights Union, Bengaluru.

Leaders from the Domestic workers' rights union of Bengaluru and New Delhi gathered in the city recently to raise awareness about various issues that domestic helpers face, including being wrongly accused of a crime by unscrupulous employers.

The unions also highlighted other problems domestic workers face at their workplaces - the burgeoning apartment complexes - and the challenges in fighting for their rights to solve these problems.

"There is neither any recognition of domestic workers nor any social security or benefits provided to them. Their issues range from caste discrimination to arbitrary dismissal and from untimely wage payment to sexual harassment and allegation of theft. There is no grievance address mechanism as well. We want to bring up these issues and help hundreds of these workers across various cities," said a representative of the union.

According to the union members, theft allegation cases against domestic workers should be investigated following due procedure of the law.

> **"There is neither recognition of domestic workers nor any social security provided to them; there is no grievance redressal mechanism as well**

"Every law has a process. Even in case of such allegations against domestic workers, the police must conduct an inquiry within the ambit of the law. Till they are proven guilty, they should not be tortured, held back at police stations till late at night, or branded as thieves, leading to a lot of stigma and loss of livelihood," said Menon.

The consortium of domestic worker unions is now planning to hold a national-level campaign on false allegations of theft of the workers by their employers.

"By early next year, we plan to approach stakeholders such as the police, Resident Welfare Associations, and government departments with a Standard Operation Procedure, which lays down the process to be followed when a domestic worker is alleged of theft or accused of a crime," said another representative from the consortium.

Uproar over Silent Sunil

A notorious rowdy sheeter, Silent Sunil, who was on the wanted list of the Central Crime Branch police, was seen on stage at a programme in Chamarajpet on Sunday with BJP leaders. This has caused a uproar among citizens, who questioned how a wanted criminal could have been present at a program with the police without getting arrested.

Reacting to the uproar, CCB Joint Commissioner of Police Sharanappa said, "Last week the CCB searched the houses of the rowdies. Among them, some were arrested and some were not at home. Those present were detained and warned. We were keeping a track on the rowdies who had escaped. In that list, we kept track of many including Silent Sunil, Cycle Ravi, Mulama, Rohit. Yesterday Sunil was present at an event, we are keeping a track and an action will be taken."

Last week, the CCB police had informed that Silent Sunil was absconding and the police are searching for him.

On November 23, the CCB police raided the houses of 86 rowdies in the city.

Sunil's house was also raided at that time but he is said to have escaped.

Meanwhile, a blood donation camp was held in Chamarajpet on Sunday under the leadership of Silent Sunil. **– Ahna Prakash**

M'luru blast accused had visited mutt

The prime accused in the Mangaluru blast case - Mohammed Shariq - visited the Sri Krishna mutt in Udupi in October, police said on Monday.

The Udupi police said they had verified CCTV cameras installed by business establishments in and around the car street area of Krishna Mutt and have collected information from shopkeepers.

The police said an aged woman had even called her grandson using Shariq's phone.

The police said they suspect that he had arrived at car street area in Udupi on October 16 and later travelled to Karkala and Bantwal.

The security in and around the Krishna mutt has been beefed up in view of threats, they said.

Meanwhile, a preliminary meeting was held here on Sunday to discuss the security arrangements to be made at the Kadri Shri Manjunatheshwara temple in Mangaluru in view of the information that suspected terrorists had planned to target the shrine.

Mangaluru south MLA Vedavyas Kamath presided over the meeting in which temple managing committee president A J Shetty, executive officer P Jayamma and trustees were present. Measures like installation of metal detectors and bag-screening machine were suggested at the meeting, sources at the temple said. **PTI**

Smattering of covid cases

City's case positivity rate drops to 0.5%, but regular covid precautions are still to be followed as new variant can cause more severe illness, say experts

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Bengaluru recorded new covid-19 cases in single digit on Sunday for the first time since the onset of the pandemic in 2020. With just 4 cases recorded, the city's positivity rate dropped to 0.5%, the lowest recorded so far. The total number of active cases in the city now stands at 1,492.

According to health experts, the low number of cases in the recent past can be attributed to various reasons.

"The number of people going in for testing has gone down considerably. The virus has become like any other virus and people have gotten accustomed to it. Also, most symptoms are mild as most of the population is vaccinated. Hence, there are no major complications," said Dr Aravinda SN of Aster RV Hospital.

At this point, while the doctors advise that people can carry on with their day-to-day activities without much fear of the new covid strain, they must do so with regular covid precautions such as sanitising their hands, wearing a mask in crowded places and getting vaccinated.

Some recent studies have indicated that the covid-19 pathogen could continue to mutate and a new variant may cause more severe illness and death than the relatively mild omicron strain.

Dr TR Hemkumar of Sakra World Hospital told Bangalore Mirror that rapid spread of viruses such as the coronavirus tend to acquire new mutations, but it doesn't mean they are severe.

"The virus usually adapts for transmissibility rather than virulence. Therefore, maintaining basic covid related precautions such as masking in a closed and crowded environment and healthcare setting should be more than sufficient in protecting ourselves from the virus," he said.

According to doctors, mask usage and vaccination has helped in taking the edge out of covid-19

While the precaution dose was made free for all adults starting April this year, the coverage has not been very impressive for Bengaluru. As many as 13,28,193 adults have taken the third dose so far and the number of eligible Bangaloreans turning up for the dose has only been dropping.

On Sunday, only 187 people took the third dose of the covid-19 vaccine in the city.

Experts say people have built immunity after most of the population has been infected in the previous waves. As a result, they are not flocking the hospitals to get the precautionary doses. Moreover, since booster doses are not mandatory and there has not been any significant drive to bolster the citizens, the number has remained low.

> **The number of people getting tested has gone down considerably. The virus has become like any other virus and people have gotten used to it**
>
> –Dr Aravinda SN, Aster RV

"While precautionary doze for people at high risk is recommended, there is no reason to be stressed about acquiring the infection," said a doctor from another city-based private hospital.

"People who are at higher risk such as those immuno-compromised and elderly should be cautious. It is advisable to wear masks, especially in crowded, closed environments and healthcare settings, for a few more months," they added.

So far, Bengaluru has recorded a total of 18,76,038 positive cases with around 2.04 crore vaccine doses administered.

Bengaluru to become first Arogya City

Bengaluru has reported bearing the highest burden of non-communicable diseases (NCDs) in comparison to other districts in Karnataka. Diabetes, heart diseases, and cancer constitute some of the major NCDs that citizens face.

Off late, in order to reduce the burden of non-communicable diseases in the city, the state government, various organisations and corporates pledged to transform Bengaluru into India's first Arogya City.

The Arogya City is where the city's Government, Corporates, Start-Ups, Educational Institutions and Civil Society are galvanised into action and collaborate to improve the health and well-being of the people, with meaningful efforts that address NCD prevention and control, and mental health, leveraging technology.

"Non-communicable diseases are growing in Bengaluru at an alarming rate and recent surveys have pointed out that 25 percent of the city's population are diabetic," said Dr K Sudhakar, Karnataka Health Minister at the inauguration of the Arogya City summit on Monday. "Long working hours, a sedentary lifestyle and poor dietary habits are at the root of this surge," he added.

According to Dr Devi Shetty, a cardiac surgeon, Chairman & Founder of Narayana Health, and one of the brand ambassadors of the campaign, patients can avoid medical procedures by simply looking after their health.

"Patients can often avoid situations like extensive medical procedures through lifestyle changes- good diet, adequate physical activity and regular consultation with their doctor," he said.

Through this initiative, the organisations aim to reach out to over 5 lakh plus people in the city to lead a healthier life.

–Iffath Fathima

Child safety at tuition centres

CONTINUED FROM PAGE 1

kids are safe. The education department should intervene and regulate these institutions," said the chairperson.

The state child rights commission has asked the Department of Public Instruction to issue a circular on mandatory registration of the tuition centres with the department, which will be released in a few days, the senior official informed.

Moreover, he added that all the tuition centres should be equipped with the basic infrastructure needed for any educational institution to be functional.

Child Rights activists raised concerns about child safety at these private institutions and have urged that along with the authorities, parents also do regular checks on their children to ensure their safety.

"These services are being given privately; so it is a must that the education department monitors all the tuition centres. If the centres are running, they must have a child protection policy immediately and they must have CCTV surveillance on the premises," said Nagasimha G Rao, director, Child Rights Trust.

"It is also the responsibility of the parents because we cannot ask the block educational officers to go to each unit. Parents should monitor regularly if the tuition centres have separate toilets for girls and boys; if there is sufficient seating facility and so on," he added.

The teachers running the tuition centres, as well as the students, should be taught about various child rights acts, Rao added.

"They must be informed about the POCSO, Child Rights, Right To Education, and Juvenile Justice Acts. The POCSO Act explains what amounts to child abuse and harassment which they need to understand in order to be aware of all the policies and mechanisms," he said.

Rao also noted that all the parents should have the child helpline number, as well as the number of the state child rights commission on their cellphones at all times, so children can raise a complaint if any such mishap happens to them.

Layout lament months after deluge

CONTINUED FROM PAGE 1

not built in a scientific manner. The wastewater weir bund's height is the cause for flooding in a portion of the layout. Even the gates to let the water flow have not been opened. When the water fills up, it overflows into the locality, which is in a low lying area adjacent to the waterbody. During August and September, the locality was filled with 60-70% of water, up to 3-4 feet high. People had to leave their houses; many shifted elsewhere," Siddesh KHM, member of KHB Huskur Layout Residents Association, said.

After months, water is still stagnating in many places across the locality. The residents have written several letters to the KHB; they even brought the issue to the notice of MLA Sommanna. Though officials visited the site, no permanent solution has been reached.

Another member of the association, Natesh Babu, pointed out that the residents themselves had made a temporary bund to stop the overflow of the lake; it just helped for a few days. "When water gushed into the locality, we tried to pump it out. It helped a bit; the water did not recede completely. We then decided to build a temporary bund using stones. That too helped only for a while. The authorities have not taken any step to help us out. The water has now reduced after months; but there is still stagnation at many spots," he said. Residents fear waterborne disease outbreaks in the locality as polluted water has been stagnating in many places: "The Under Ground Drainage lines and Sewage Treatment Plant were submerged. The entire layout should be rebuilt now. A lake bund needs to be created. We only get assurances from the authorities - nothing's been done on the ground," said Siddesh.

BM tried contacting KHB officials — they were unavailable for a comment.

Stagnant water is a sore sight at KHB Huskur Layout

> **When the water fills up, it overflows into the locality, which is in a low lying area adjacent to the waterbody**
>
> –Siddesh KHM, member of KHB Huskur Layout Residents Association

Doctor by day, hiker by night

Bengalurean doctor scales eight peaks in Brazil, wants to hit 11

Sridhar.Vivan
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TWEETS @sridharVMIRROR

A Bengalurean doctor became one of the very few people managing to scale eight peaks in Brazil. Dr Gautama Reddy KV is a clinical neurophysiologist who has worked in top private hospitals and is currently working in Brazil.

While his profession is to treat people, his passion is to scale mountains. Climbing mountains in the Latin American country is not as easy as the night's get chilly and the weather is quite unpredictable, he said.

Reddy says that he landed in Rio de Janeiro during the peak of the pandemic when life was completely different. The mega city had deserted streets with negligible social activities. Hence, making new friends was a herculean task.

Reddy, nicknamed as 'Mountain Man', said, "When I arrived in Rio, my apartment was on the Ipanema Beach, and I saw a mountain next to it. This was my first official hike. Since then, my pursuit for mountains has never ended."

No matter how hard reaching the summit is, Reddy says he likes the push himself. "Brazil is filled with a number of mountains. Hiking is common in the blood of Brazilians. At the moment, I am trying to climb all the top 11 peaks here and have successfully scaled eight, including Pico da Bandeira (2891.9 m), Pico do Calçado (2,849 m), Pedra da Mina (2,798.4 m), Pico Agulhas Negras (2,792.6 m), Pico do Cristal (2,767.7 m), Morro do Couto (2,680 m), Pedra do Sino Itatiaia (2,670 m), and Pico 3 Estados (2,665 m)," he said.

> **I need to carry around 25 kg (in my backpack) every time I hike as it includes clothes, water, etc**
> – Dr Gautama Reddy, doctor/hiker

Trekking in Brazil can be challenging, he said, explaining that people will encounter mosquitoes, a lack of food and water, and unpredictable weather. While scaling peaks in remote Brazil, there may not be any restaurants or hotels, so people have to prepare for the wild. In a few mountains, climbers may come across water points, but if not, they need to carry three litre water bottles.

"My backpack is quite heavy. I need to carry around 25 kg every time I hike as it includes a sleeping bag, tent, clothes, water, food, tripod, camera and accessories, spare batteries, and a drone. The mosquito bites in Brazil are so painful that itching can last for three days after every bite. During trekking, it is common to encounter snakes and crocodiles. Numerous smaller insects are the real trouble makers," he recalls.

Reddy recounted trekking Sierra Fine, saying it was a really challenging one. "This four-day trek was very challenging due to the lack of water points. We need to carry a minimum of seven litres of water for each day. During the second day, we faced heavy rain and had to reach our next mountain. The entire trek was slippery and cold. I was completely soaked and my bag was drenched. The temperature at night was -8 degrees. For the first time, I noticed my boots and tent were frozen. However, I did survive the night and went out for a sunrise," he told Bangalore Mirror.

'Ready, set, neigh': Winter is coming

Ikram Khan
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

The winter racing season is certain to generate a lot of enthusiasm given that the Bangalore Turf Club (BTC) is hosting the Indian Turf Invitation Cup. The much-celebrated event will take place on the first Sunday of March 2023. The new management committee, spearheaded by Shivkumar Kheny, is confident that BTC will provide a new dimension to the annual racing carnival.

"The winter season will be very competitive," said Kheny, adding that the track is in great condition and a number of star performers are expected to scale a new high.

70 jockeys, including seven claiming allowance, have been issued `A' licenses. 46 jockeys, including six claiming allowance, have gained `B' licenses. A couple of old hats in the game pointed out that the three-week delay has in fact helped trainers prepare their horses to strike at the start, which is a good sign, taking into account that punters love competitive fields and good returns on their investments.

Kheny was pleased with the response to the opening day's races on December 3. He said that a good number of entries were made in all categories. He also revealed that trainers and owners are ready to make an impact, and that will result in many star performers parading their skills early in the season to conquer the required build-up races before the classics.

The aggregate prize money for the 22-day winter season, excluding the stakes for the Indian Turf Invitation Cup week-end, is Rs 13.31 crore. A performance linked incentive of 15 per cent for local horses is added to the costs listed.

Kheny disclosed that S Chockalingam was nominated as the chairman of the Board Of Appeal. Y Jagannath, Kenneth Pinto, K R Prakash, I S N Prasad, and C H Pratap Reddy are the other members of the board.

The Karnataka Classic Stakes, which offers stakes amounting to Rs 12 lakh, is certain to attract the best. Most leading trainers are busy getting their best wards in spot-on condition for the event, while the railbirds are working out the many permutations and combinations to start the season on a winning note.

"Normally, form plays true at the start, and most punters look to strike it rich on the two opening days," said a regular punter who pointed out that the club should get a reduction in the 28 per cent GST slab, and until that happens, all racing clubs will continue to be remain in the oxygen tent.

Another issue the club needs to address is the increase in the sykes salary issue which has surfaced and could snow-ball into a big problem. The onus is on the mandarins of the club to amicably provide a solution at the earliest.

Karnataka: 'God's most loved country'

While Kerala has been promoting tourism with the tagline of 'God's own country', Karnataka now plans to boost tourism in the state under the catch phrase 'God's most loved country'.

Chief Minister Basavaraj Bommai suggested the Tourism Department go for a new tagline. He said, "The Tourism Department should add one more slogan, 'God's most loved country', along with 'One state, many words'. The government is always open to new ideas. All three southern states, Karnataka, Tamil Nadu, and Kerala must attract tourists in a similar way. Karnataka has the longest stretch of Western Ghats and it is more beautiful than Switzerland, but they have failed to recognise it."

6 ropeways soon

The CM said development of important places for tourists will be done, and six ropeways, including at Anjanadri Hills and Jog Falls, are being constructed.

Time to upgrade

Bommai said the department must provide all facilities to everybody who visits the state. A planned development of tourism is the need of the hour and tourism has no boundaries, he said. —BMB

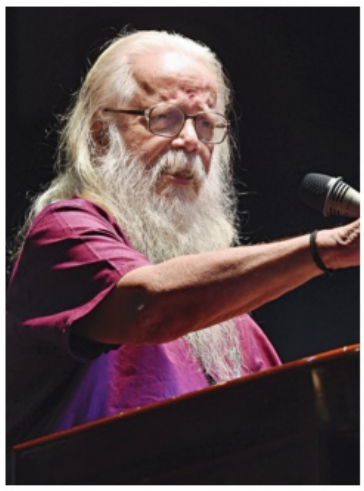
Border talk: CM Bommai visits Delhi

Amid the simmering border dispute with Maharashtra over Belagavi, Karnataka Chief Minister Basavaraj Bommai left for the national capital on Monday. With the issue listed for hearing in the Supreme Court on Wednesday, Bommai will meet senior lawyer Mukul Rohatgi in Delhi today to discuss the state's strategy.

Bommai said, "On Sunday we had a meeting, and former Supreme Court Judge Shivraj Patil has been appointed as Chairman of the State river waters and borders protection authority. On November 29, I will discuss with Mukul Rohatgi about our strategy on the border dispute, which is coming up for hearing in the Supreme Court on November 30." The CM will also be meeting some central ministers apart from BJP president JP Nadda during his Delhi visit. —IANS

ISRO espionage case

Will ask Kerala HC to consider afresh bail pleas, says SC



The Supreme Court said on Monday it will ask the Kerala High Court to consider afresh the anticipatory bail pleas of four people, including a former Director General of Police (DGP), in a case of alleged frame-up of scientist Nambi Narayanan (**pic**) in the 1994 ISRO espionage matter.

It was hearing the CBI's appeal against the high court order granting bail to former Gujarat DGP R B Sreekumar, two former police officers of Kerala -- S Vijayan and Thampi S Durga Dutt, and a retired intelligence official P S Jayaprakash. "What we propose is this ..We will say high court to consider the anticipatory bail applications afresh without in any way being influenced by any observations," said a bench headed by Justice MR Shah. Sreekumar was then the Deputy Director of the Intelligence Bureau (IB).

The bench, also comprising Justice CT Ravikumar, added it will, in the meantime, continue the protection from arrest granted to them.

The court observed the high court, in the order under challenge, committed some errors including not considering and dealing with the allegations made by the accused.

"Two things high court has committed wrong.... The observation by the DK Jain committee (pertaining to the role of erring police officials in the 1994 espionage case) has not been considered at all. Individual allegations of each accused has not been dealt with and considered at all," the court said.

"We will pass order accordingly. We will ask the high court to decide. We are continuing the protection... Let the high court consider everything afresh," stated the court.

Additional Solicitor General SV Raju, appearing for CBI, argued the case was serious and did not concern a "private offence" but an "offence against the nation", and the high court could not have granted anticipatory bail to the accused.

Senior advocate Kapil Sibal appeared for the then IB official and defended the high court order, saying there was no allegation against him in the FIR and there was no basis to seek his custody for investigation. The apex court had in November last year issued notice on the CBI's plea filed in the matter.

The agency had said its probe found that some scientists were tortured and framed in the espionage case due to which the development of cryogenic engine was hit.

The CBI earlier alleged there was a clear indication that the accused were part of a team which had ulterior motives to torpedo the attempts of the ISRO. While granting anticipatory bail to these four accused on August 13 last year, the high court had said, "There is not even a scintilla of evidence regarding the petitioners being influenced by any foreign power so as to induce them to hatch a conspiracy to falsely implicate the scientists of the ISRO with the intention to stall the activities of the ISRO with regard to the development of the cryogenic engine." **PTI**

Amazon now shuts wholesale distribution business in India

#New Delhi

Amid an exercise to wind up certain verticals as part of global exercise to cut costs, Amazon on Monday announced to shut down its wholesale distribution business in India.

The e-commerce major is discontinuing Amazon Distribution, its wholesale e-commerce website available in some parts of Bengaluru, Mysore and Hubli.

The company earlier shut down its food delivery and online learning platform called Academy in India.

"We don't take these decisions lightly. We are discontinuing this programme in a phased manner to take care of current customers and partners," a company spokesperson said in a statement. Amazon had launched its distribution service to empower local kirana stores, pharmacies and department stores in the country.

Last week, Amazon said it is shutting down its food delivery business in India, a day after it announced to shut down its edtech vertical in the country.

Amazon started its food delivery service in India in May 2020. "As part of our annual operating planning review process, we have made the decision to discontinue Amazon Food," said a company spokesperson. The company has denied laying off people in India. **–IANS**

2 students from India drown in Missouri lake

#Hyderabad

Two students from Telangana died of drowning in a lake in the US state of Missouri.

Uthej Kunta (24) and Shiva D Kelligari (25) drowned in the Lake of the Ozarks and according to information, the incident occurred at around 2.30 p.m. on November 26.

The Missouri State Highway Patrol (MSHP) water division recovered the bodies of the students, who were doing their master's program at St. Louis University.

The two friends went swimming on the Thanksgiving weekend. According to US media reports, Uthej began to struggle in the water and went under. Shiva dove in to render assistance and did not resurface.

Uthej's body was recovered by MSHP Underwater Recovery Team a couple of hours after the incident, while Shiva's body was recovered by the dive team the next day.

Shiva hailed from Tandur in Rangareddy district, while Uthej was from Hanamkonda.

Meanwhile, Telangana Minister KT Rama Rao tweeted on Monday that he has asked his office to help families in getting the mortal remains back as early as possible. **–IANS**

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I, AMIT MEHARAWADE, S/o, Dattatreya Meharwade and Residing at No.B1004, 10th Floor, Gopala Residency, Telecom Layout, Vijayanagar, Bangalore 560040 have changed my name to AMIT DATTATREYA MEHARWADE vide affidavit dated 21.11.2022 sworn before notary B V Nagabhushana, Bangalore.

I, Preethi K S R/o 506, Siri Seshagiri Paradise, Flat No 401, 6th Main Road, Maruthi Layout, Vasanthapura, Bangalore 560061 have changed my name as Preethi Raghavendra B

I, Mohammeda Amir Abdul Aziz S/O, Abdul Aziz R/o Silver Pearl Arptment A008, Choodsandra Circle, Hosa Road, Bagnalore 560100 have changed my name to Mahammed Aamir Gadagoli for all purposes.

I, MOHAMED ANSAR PASHA residing at Flat No.004, K V Pristine, No 5, K B Road, 1st Phase, BTM Layout, Bangalore-560068 have changed my name to ANSAR KHAN vide affidavit dated 28.11.2022 sworn before notary B S Padma Prasad, Bangalore.

I Nihad Gazal Naseemul Gani Hajiamin D/o Naseemul Gani R/o No 613,7th Cross, Near Al Kareem School,1st Stage, Rajivnagara, Hanchya, Mysore 570019 Have Changed My Name to, Nihad Gazal Hajiamin For All Purposes,

I, Shilpa Rajendra w/o Rajendra K, R/o 51, 15th Cross, 1st Block,R T Nagar, B'luru-560032 have changed my name to SHILPA BHADRAVATHI GOVINDARAJU affidavit Dt.28/11/2022 notary Ganesh Gowda M.V, B'luru

I Arpitha Manohar Shetty W/o Aman Poddar R/o No 861,13th main,3rd Block, Koramangala, Bengaluru 560034 have changed my name to Arpitha Shetty for all purposes.

I, Sreedhar Shankar Bethi S/o Bethi Shankar Bhumaiya R/at No.7, 1st A Main, Above Sri Balaji Electrics, Main Road, Vignan Nagar, B'luru-560075, Karnataka have changed my name from Sridhar Shankar Bethi to Sreedhar Shankar Bethi vide affidavit dtd:25/11/2022 sworn before notary Uday Kumar K, B'luru

I, SUBHADRA KHURANA MEHARAWADE, W/o, Amit Dattatreya Meharwade and Residing at No.B1004, 10th Floor, Gopala Residency, Telecom Layout, Vijayanagar, Bangalore 560040 have changed my name to SUBHADRA KHURANA MEHARWADE vide affidavit dated 21.11.2022 sworn before notary B V Nagabhushana, Bangalore.

I Sheik Jahangir R/O Ground floor,Rabia Enclave,No 1, 2nd A Cross, Manorayanapalya, Sultanpalya, Bangalore-560032 have changed my name to Shaik Jahangir Pasha

I Udaya Babu S/O, Babu R/o Unity Homes, Sf3, 2nd Floor, Anugraha Layout, Bilekahalli, Bengaluru, 560076 have changed my name to Uday Kumar for all purposes

I, Nagaraja S/o Munisamappa R/o No 102 , 4th Cross , Ward 21 Shanthinagar Chikkaballapur-562101 have changed my name to Nagaraja Munisamappa for all purposes.

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HEALTH TIP: Whole unprocessed grains can have a mood-stabilising effect by spiking serotonin (a boosting-mood hormone) levels

Pistachios have a wide variety of important phytochemicals including different members of the vitamin E family, carotenoids, phenolics and flavonoids

PLAY IT COOL

Expert explains how retraining your brain can help beat social phobia during festivities

Whether it's work, social events, family gatherings or that dreaded (sorry, fun-filled…) Christmas dinner, the countdown to the festive season can be a tricky time for those who suffer from social anxiety.

Also known as social phobia, this type of anxiety is a long-term, overwhelming fear of social situations and usually starts during the teenage years. It's more than shyness, leaving people worrying about things such as meeting strangers, starting conversations, eating in company or being judged by others.

It can create feelings of panic, fear and of being on edge and may be triggered by gatherings, large or small, which can feel overwhelming both mentally and physically.

Overthinking social events can create worry and fear about saying the wrong thing and create apprehension that can turn an enjoyable night out into a nightmare. It leaves people losing sleep about things that haven't even happened - worrying they will embarrass themselves, be unable to keep a conversation flowing or be found rude.

But even if you don't have a full blown disorder, these emotions are something many of us can sympathise with. One in 10 people say they dread social gatherings, finding they leave them on edge.

It's a figure that increases around Christmas. Letting your hair down in front of colleagues or seeing friends and family you don't spend much time with can lead to the most wonderful time of the year becoming an anxious cyclone of events they would rather avoid.

Rewire your thinking

Our thoughts are formed visually from the pictures we construct inside our heads and through the sounds which make up our internal dialogue.

People tend to fall into three groups - those who are more visual in their thinking, those who are more auditory and finally those who use a combination of both pictures and sounds to form their thoughts.

Put simply, the things we think become the things we feel, as our thoughts dictate and immediately influence our physical and emotional state. Anxious thoughts will always lead to an anxious physical response.

Anxiety tends to be built on concerns about the future. When it comes to social anxiety, people who are visual thinkers struggle because they mentally fast forward, imagining, for example, they are saying the wrong thing at their work Christmas party.

This will lead them to feel anxious before they are even in that scenario.

The auditory thinker's internal voice, meanwhile, may stress about being judged by family or loved ones long before they even see them, and these thought patterns trigger anxiety in advance of a gathering.

These feelings of anxiety can be overwhelming, but simply understanding this cause-and-effect relationship can help you to take back control, allowing you to alter the way you think and transform how you feel.

This will help you to relax in the present moment, reduce anxious thought patterns and, ultimately, switch off the physical response of anxiety in the body.

In my experience as a mindset coach, I've found the key to releasing social anxiety comes from actively using techniques that can change these thought patterns.

I like to think of these two exercises as a secret weapon that helps us to feel more at ease. So where should you start if you're already feeling concerned about Christmas celebrations?

> **Overthinking social events can create worry about saying the wrong thing, create apprehension that can turn a night out into a nightmare**

The remote control method

I tell my clients to think about an evening on the sofa watching television. If we don't like what we are watching or listening to, we are most likely to turn over to another programme or mute the sound.

Then I ask them to try to do the same for their most anxious thoughts. Because switching your mind from continually rerunning imagined, worst-case scenarios around forthcoming social events can ultimately help reduce and even stop anxiety. It's a common fact that most people will never experience the events they most worry about because the imagined moment never materialises.

However, time spent thinking about something and feeling the physical fear produced by these thoughts can have a long-term negative impact and allow social anxiety to take hold.

So if you find your thoughts about upcoming Christmas social events becoming negative, visualise yourself turning down the sound on your inner voice with a TV remote control, then try to take a moment to hear the silence you've created instead. It's a simple technique that can allow you to feel more in control, and fast.

Equally, for those who visualise their anxiety, pressing "stop" on your imagination can help interrupt the thought patterns that spiral into anxious feelings. Using this remote control method on your thoughts allows you to have the power to change how you feel.

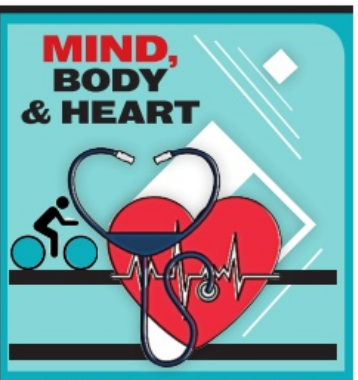
A new playlist

The words you say to yourself will always influence how you feel, so "installing" a new inner voice to get you through the festive season can help you feel less anxious and perhaps even enjoy some of the social times that lie ahead.

Inner voice work is a simple, proven technique used by sports stars, politicians and even pilots, and it's easy. All you have to do is use your inner monologue to repeat short phrases such as "stay calm", "stop overthinking" or "relax and take each moment as it comes", rather than imagining upsetting scenarios.

Do this regularly and you can quickly change and improve how you feel about social situations through altering the tone of the dialogue in your head. Try it this Christmas. You really will see a difference.

— by Kamran Bedi for Daily Mirror



All you need to know about...

Heart valve disease

What is it?
Your heart has four valves that keep blood flowing in the right direction.
In heart valve disease, one or more of the valves leaks so blood regurgitates.

What are the symptoms?
Some people might not have symptoms for many years. When they do occur, they might include chest pain, shortness of breath, dizziness, fainting, swelling of your ankles and feet, fatigue, abdominal swelling.
There will be a whooshing sound (heart murmur) when a doctor is listening to the heart with a stethoscope, and possibly an irregular heartbeat.

What causes it?
Each heart valve has flaps that open and close once per heartbeat which prevents blood flowing backwards. If one or more of the valves fail to open or close properly, the blood flow through your heart to your body is reduced.
Heart valve disease may be present at birth (congenital) but also can be due to:
The valve flaps not closing properly, causing blood to leak backwards – regurgitation.
The valve flaps become thick or stiff and can neither open or close properly – stenosis.
The valve not forming properly so the blood flow between the heart chambers is blocked – atresia.

What's the treatment?
Treatment depends on the seriousness of your symptoms and might include regularly monitoring your condition, making healthy lifestyle changes, taking medications to treat your symptoms, and taking blood thinners to lessen the risk of blood clots if you have atrial fibrillation, which is an irregular heartbeat.
Surgery will repair or replace a diseased heart valve through a cut in the chest in open-heart surgery, though modern techniques favour minimally invasive heart surgery through smaller incisions.

—Dr Miriam Stoppard, Daily Mirror

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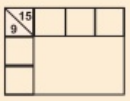
@BangaloreMirror

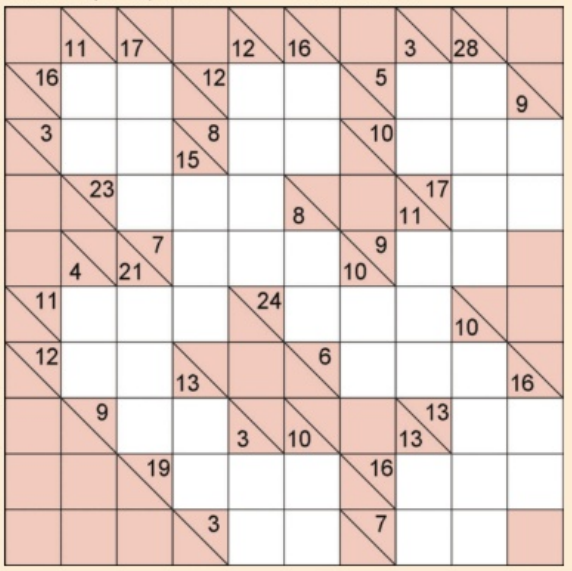
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

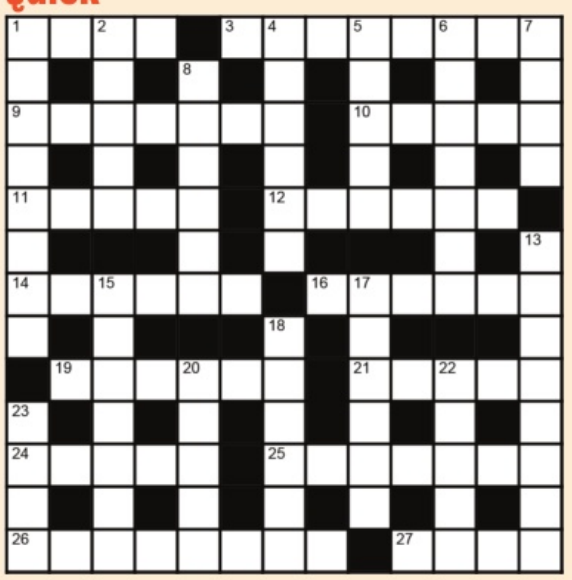


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Game-ending pronouncement (1,3)
3 American dessert (5,3)
9 Paper-folding (7)
10 Sheriff's men (5)
11 The thigh bone (5)
12 Consecrate (6)
14 Remains on feet (6)
16 Small boats (6)
19 Infer or deduce? (6)
21 Arrive at (5)
24 Our Ex-PM Morarjibhai ___ (5)
25 Greek infantry unit (7)
26 Lead astray (8)
27 Tabletop hill (4)

DOWN

1 Rule with an ___ ___ : govern in a tough manner? (4,4)
2 Turn of phrase (5)
4 Alarming predicament (6)
5 Facing of jacket (5)
6 Depart (4,3)
7 Looked at keenly (4)
8 Holy or consecrated (6)
13 Suffocation, lack of air in lungs (8)
15 Collects or piles up (7)
17 Karnataka city just south of Goa (6)
18 Fumbled, felt for (6)
20 Japanese 3-line poem with 17 syllables (5)
22 Fully conscious (5)
23 Eve's hubby (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS D

FDL'Z JKCZ. ZYM ZCNM JCQQ LMRMB WM SXTZ BCIYZ.

Linemaro

I just wish more women were like you

Mindchow

Don't believe all you hear, spend all you have or sleep all you want

Joke of the day

What is a baby's motto? If at first you don't succeed, cry, cry again

Loop

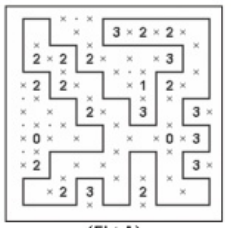
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

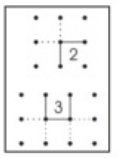
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

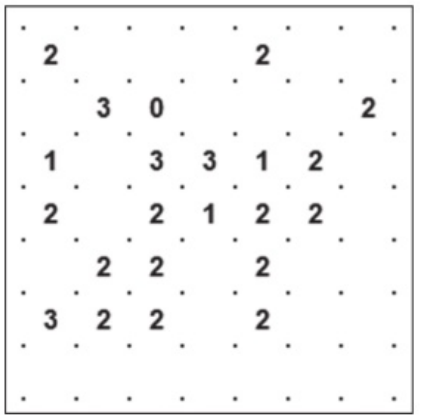
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



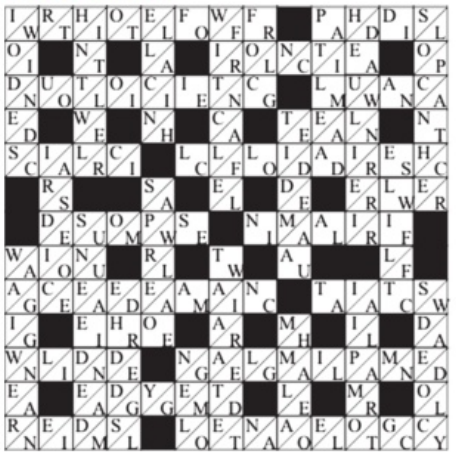
(Fig A)



(Fig B) Not Allowed



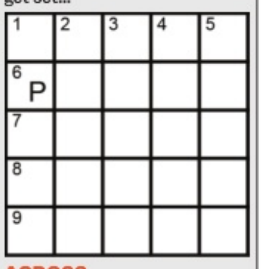
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 CU Mrs; 6 Panel; 7 SOS Al; 8 A veto; 9 Re Few

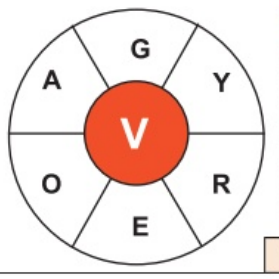
DOWN

1 So fop; 2 Calve; 3 Wears; 4 Tune I; 5 Mares

Mensapuzzle

Solve this dingbat:

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; **11** Good; **13** Outstanding

SudokuChallenge

1								3
		9	1		6	2		
5	7						8	1
	5		4	3	1		7	
			8		5			
	6		2	7	9		1	
8	1						3	6
		4	5		7	8		
9								5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 15

4 5 5 9

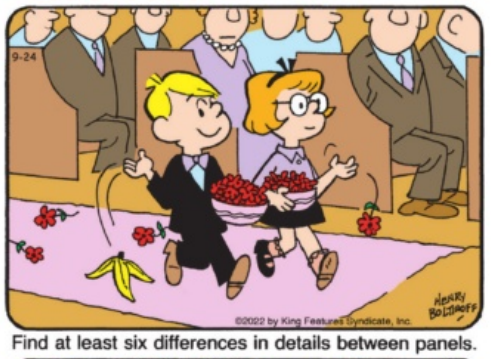
Medium = 5

4 7 7 9

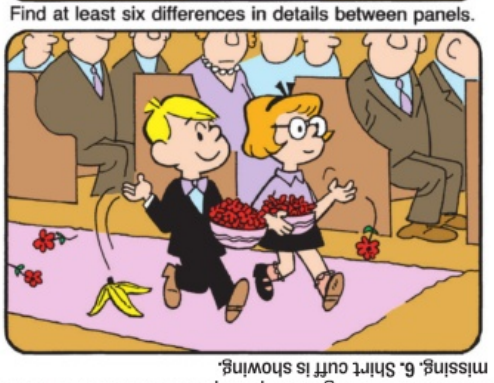
Hard = 11

2 3 8 2

Hocusfocus



Find at least six differences in details between panels.



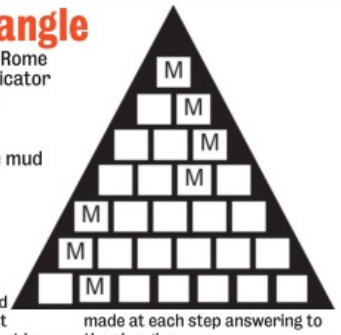
Differences: 1. Leg is moved. 2. Banana peel is moved. 3. Flower is missing. 4. Shape of pew is different. 5. Button is missing. 6. Shirt cuff is showing.

Riddler

A flock of birds are trapped in a delivery truck. When would the truck weigh the most?
a) When the birds are resting on the floor
b) When they're all flying
c) The weight remains the same

Alpha triangle

1 10x100 in ancient Rome
2 Morning hour indicator
3 Ready, ——, fire!
4 Capital of Peru
5 La Scala site
6 Drag through the mud
7 Walking leisurely



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

It's so chilly here. Be a good boy and fetch my shawl.
Yes, Nana.
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Dist. by King Features

Diamond Lil

Hart of the city

Crankshaft

WE WERE BACK HERE FOR MY WIFE'S HIGH SCHOOL REUNION...
BUT WE'LL EXTEND OUR STAY SO THAT WE CAN COMPLETE THIS DEAL!
I'M ON IT! I'LL GIVE YOU A CALL THIS AFTERNOON!
9-19
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel some positive vibrations around you, which may show you the right path. Your good performance on every front may be noticeable. Your destiny is with you. You may plan to visit a spiritual place far from your territory. Your inner senses may ask you to do some charity work. You may also hear some good news in terms of a grandchild.

Taurus Apr 21 – May 20
Today you may feel some internal weakness. Some major health issues may reoccur. You may not be able to enjoy your domestic and professional life. Running projects may stop unexpectedly and that can make you upset. You are advised to drive safely. Elder's blessings may help you to come out of the situation.

Gemini May 21 – Jun 21
Today you may feel positive vibrations around you. Every aspect is under control. You may plan to start a new business in partnerships. You may expect some long-distance travel as well. You will build faith with your spouse, which will bring harmony to your domestic life.

Cancer Jun 22 – July 23
Today is a good day for you, Investors may get good gains from their investments, and that may boost financial health. Money which was stuck somewhere may be recovered and can increase liquidity in business. You may become confident and will have control over hidden enemies and opponents. Singles will find their match in the same field or workplace.

Leo Jul 24 – Aug 23
Today you may feel dissatisfied at some points. You may not be able to take your responsibilities. Your investments may give you some loss. You are advised to read documents carefully before putting your signature on them. You may plan to reconstruct your office, but it is advised to postpone renovation plans for some days.

Virgo Aug 24 – Sep 23
Today you may plan to migrate from one place to another. It is advised to think twice before taking decisions regarding migration or change of place. you may also plan to change jobs. There will be peace in your mind, but your kids' health might make you upset. It is advised to avoid speculation in investments. Lovebirds should keep patience before taking an important decision in terms of marriage.

Libra Sep 24 – Oct 22
Today you may have good patience. Meditation may help you increase concentration, which may help to speed up projects. Your subordinates may cooperate with you and help you to complete a project before time. You are likely to go on short trips related to work. An influential person may help you to boost your network.

Scorpio Oct 23 – Nov 22
Today you may be busy at family get-togethers and social events. You may become polite with the people around you, which may increase your prestige among them. You may spend money on buying some artefacts or household items, which may improve your social status. You are likely to hear some good news from one of your relatives.

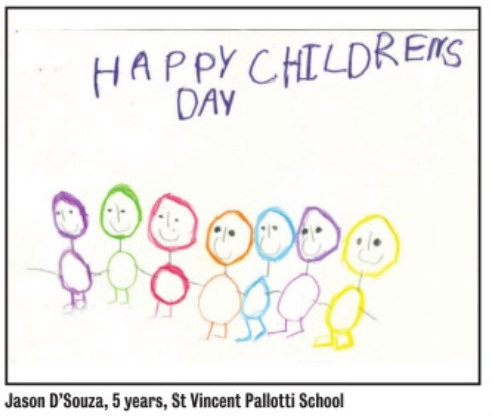
Sagittarius Nov 23 – Dec 22
Today you may be happy and blessed by the moon. You may feel healthy, which will reflect into your way of working. You may perform well in all areas of life, which may improve your prestige. Your concentration may be very good today, you can take some difficult decisions in your business in terms of growth.

Capricorn Dec 23 – Jan 20
Today your vital power may slow down and old diseases may come back. This can make you upset. You are advised to avoid adventure tours or rash driving. You are advised to avoid any type of ligations too. You may settle it out of the jury. You may also plan for some work-related tours.

Aquarius Jan 21 – Feb 19
Today, you may start your day with happiness. At work, you can take quick decisions, which may increase your management skills and bring benefits in the near future. You may expect some new sources of income, which may boost your savings. With the help of your business partner, you may invest some capital. Bonding with your spouse may be increased.

Pisces Feb 20 – Mar 20
Today you may be busy at the office. Due to mental tiredness, you may not be able to give time to your family. With the help of elders, jobseekers may get some high positions. Managers may get promoted to top management. You may get rewards, which will increase your status. Professionally, you may do better.

KIDZONE



Jason D'Souza, 5 years, St Vincent Pallotti School

J Sagar, 13 years, Bengaluru

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
Root of 16=4 & root of 4=2
4/2 &(3×3 & 6×6) = 4/2–36/9 = 2–4 =–2

RIDDLER
c – The weight doesn't change since it's a closed system.

QUOTE UNCODE
Don't wait. The time will never be just right.

BULL'S EYE
aver, gave, grave, gravy, grove, ovary, over, rave, rove, vary, very, voyage, VOYAGER

FAST FIVE

S	C	R	U	M
P	L	E	N	A
O	A	S	I	S
O	V	A	T	E
F	E	W	E	R

STRIKE OUT

W	R	I	T	E	O	F	P	H	I	L
I	N	A	I	O	N	I	A	T	E	O
N	O	T	I	C	I	N	G	L	U	N
E	E	H	A	P	E	E	L	E	T	T
S	A	R	I	C	L	O	D	D	I	S
S	S	E	E	E	W	E				
D	U	M	P	S	I	M	A	R	I	
W	I	N	R	T	A	F				
A	C	A	D	E	M	I	C	T	A	T
G	I	R	E	R	H	L	A			
N	I	D	E	N	A	G	A	L	A	N
E	G	G	E	D	L	M	L			
R	E	D	S	O	E	N	O	L	O	G

QUICK

I	W	I	N	A	P	P	L	E	P	I
R	D	S	L	A	U	Y				
O	R	I	G	A	M	I	P	O	S	E
N	O	C	G	E	H	D				
F	E	M	U	R	H	A	L	L	O	W
I	E	T								
S	T	A	N	D	S	S	K	I	F	F
T	M	G	A							P
G	A	T	H	E	R	R	E	A	C	H
A	S	A	O	W	Y					
D	E	S	A	I	P	H	A	L	A	N
A	K	E	K	R	K	I				
M	I	S	G	U	I	D	E	M	E	S

MENSA PUZZLE
to-be-or-not-to-be

SUDOKU

1	4	2	7	5	8	9	6	3
3	8	9	1	4	6	2	5	7
5	7	6	3	9	2	4	8	1
2	5	8	4	3	1	6	7	9
7	9	1	8	6	5	3	2	4
4	6	3	2	7	9	5	1	8
8	1	5	9	2	4	7	3	6
6	3	4	5	1	7	8	9	2
9	2	7	6	8	3	1	4	5

ALPHA TRIANGLE
M, AM, Aim, Lima, Milan, Mailgn, Ambling.

GO FIGURE
Easy
5 + 9 + 5 – 4 = 15
Medium
9 – 7 + 7 – 4 = 5
Hard
3 + 2 – 2 + 8 = 11

LOOP

KAKURO

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Was it something I said?

Celebs who turned everybody's favourite punching bag...

Being a celebrity, one has to be very careful of what one says in public. Because more often than not, they end up facing a massive backlash on social media for their comments. Richa Chadha, who is currently receiving flak for her Galwan tweet, is one such example. There have been times when fans have expressed their outrage with celebrities for public comments they have made. ETimes puts together a list...

Richa Chadha
Richa Chadha has been in the eye of the storm ever since she tweeted about the Galwan clash of 2020, where several Indian Army soldiers lost their lives. The actress faced a huge backlash on social media, where people lashed her for allegedly 'insulting' the Indian Army. Following this, Richa tendered a public apology. While many Bollywood actors like Akshay Kumar were seen hitting out at the actress, others like Prakash Raj came out in her defence. Richa continues to face criticism for her remark.

Janhvi Kapoor
Janhvi Kapoor is making a name for herself in Bollywood with her powerful performances and film choices. While the actress has received praises for her work, she has also been criticised on various occasions for her comments. In an interview, she made a statement that read, 'I don't need fame, I am already famous!' While some found the actress arrogant, others called her a 'snob' on social media.

Rashmika Mandanna
Rashmika Mandanna is one of the most beloved actresses in the Kannada industry. The actress is also making waves in Bollywood of late. The actress often finds herself at the receiving end. The actress recently admitted that she has not watched Rishabh Shetty's 'Kantara'. Following this, she was massively trolled on social media for allegedly 'forgetting her roots'.

Ananya Panday
Ananya Panday, Chunky Panday's daughter, was trolled for comments she made on nepotism during a discussion. At talk, Ananya equated struggling with being on Karan Johar's chat show. The remark went viral, resulting in Ananya getting trolled by social media users.

Alia Bhatt
Alia Bhatt faced backlash after she said, 'If you don't like me, don't watch me', during a promotional interview ahead of the release of 'Brahmastra'. Netizens not only slammed the actress for her comments but also called for a boycott of the film in theatres.

When magic happens

After getting a good response at 53rd International Film Festival of India, the Aniruddha Roy Chowdhury directorial 'Lost' is all set to premiere on a digital medium. Yami Gautam, who plays a lead role in the film, spoke about 'Lost' and how she felt about the response the movie received at the festival.

Yami has worked in TV shows, and later was seen in movies such as 'Vicky Donor', 'Badlapur' and 'Uri: The Surgical Strike'. She said: "'Lost' was a special experience for me, and I have been eagerly waiting to see how the audience is going to react. I cannot wait for the release."

Director Aniruddha Roy Chowdhury also talks about his film which is inspired by many incidents that he saw in his life. He is quite happy with the response the movie got at IFFI.

He added: "It is always a magical moment to watch the fruit of your toil be as loved as it is. The screening at IFFI was truly an experience for me." 'Lost' is the story of a young crime reporter who tries to find the secret behind the sudden disappearance of a theatre activist.

Produced by Zee Studios and Namah Pictures, 'Lost' also stars Pankaj Kapur, Rahul Khanna, Neil Bhoopalam, Pia Bajpiee and Tushar Pandey in pivotal roles. 'Lost' will premiere soon online. —ETimes

SANDALWOOD SHOTS
Y MAHESWARA REDDY

In a lawyers' role

Ajay Rao will be seen in the role of a lawyer in Yuddha Kaanda. This is the first time Rao wears the lawyers' garb in his two-decade old career as an actor. Rao has also bankrolled it under Sri Krishna Arts and Creations and Ajay Rao Productions banner.

Rao said the name Yuddha Kaanda reminds movie buffs of the Ravichandran-starrer by the same name, but the similarity ends at the name. "That movie was directed by veteran director KV Raju. It was my fortune to get a chance to work as an associate to him. I met Ravichandran sir before starting the shooting of this movie. He wished me luck," said Rao. He recalled ups and downs in his career. "As an actor, I tasted success as well as failure. I even played supporting roles after having established myself in lead roles. I became a producer with Krishna-Leela," he said.

Catchy title!

Director Manoj P Nadalumane is bullish about the success of his second Kannada movie Mary. His debut as director was the critically-acclaimed Aana in December 2021.

"Aana was a crime thriller. Mary is an out and out commercial entertainer," said Nadalumane.

He said Mary is about the happenings at a police station in the Western Ghats. "It narrates how a police inspector struggles to crack a rape case on the first day of joining duty. Vikash Uthaiah plays a police inspector," he said. When asked about the title Mary, the director said, "We were looking for a catchy title. We decided – Mary – would be apt for this movie," he said.

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